



# THE MISSOURI CRISIS INTERVENTION TEAM (MO CIT) COUNCIL



The Missouri Crisis Intervention Team (MO CIT) Council is a network of representatives from each established local council across the state, Community Mental Health Liaisons (CMHLs), state agencies and associations, and those with lived experience. The Council works to address any structural barriers at the state level and advocates for policy and legislative changes that may be necessary to support health and wellness. The Council also provides direction and support on the CIT curriculum, training expansion, and implementation of the program.

## First Responder Treatment Providers

The Missouri CIT Council has identified a list of trained behavioral health professionals who specialize in helping dedicated first responders who are struggling with issues related to trauma and post-traumatic stress symptoms. Many of them already work with and are trusted by other first responders and understand the culture. A list of these providers can be found at [www.missouricit.org/first-responders](http://www.missouricit.org/first-responders). It is considered a self-referral source.

“ Before EMDR, I was on the brink of losing my wife, my kids, my job, and even the will to live. Your sessions changed my life. My marriage is healing, and I don’t have the symptoms I used to. I have hope again. ”

“ I didn’t know what it was like to not feel anxious. I lived with it all my life and now I am even going to social events again. ”

“ I’m actually sleeping at night. I can’t remember the last time I’ve slept all the way through the night. ”



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